

Mega Pasta Bake

Prep time: 15 minutes Cooking time: 40 minutes



Ingredients

250g / 9oz of dried pasta	1 clove of garlic, chopped finely
1 large tin / 425g / 15oz pilchards in tomato sauce	1 onion, chopped finely
1 tin / 410g / 14oz chopped tomatoes	300g / 11oz frozen mixed veg
1 teaspoon tomato purée	1 tablespoon mixed herbs
1 small tub / 300ml / 11oz of crème fraiche	200g / 7oz cheese, grated
	Pinch of black pepper



Method. Pre-heat oven to 180°C / Gas Mark 4

- Boil pasta according to instructions on packet when cooked remove from heat and drain
- Put pilchards into a food processor or hand blender and mix to a paste consistency
- Put the pasta, the pilchard paste and other ingredients (except the cheese), into an ovenproof dish and mix well
- Sprinkle cheese over top. Bake for 30 – 40 minutes or until top is golden



**A cheap and cheerful
heart healthy meal**